

Achieving Great Health in 90 Days or Less

*How Spirulina, Chlorella, Raw foods and Ionized Water Can Make You Healthier Than
You Could Have Ever Imagined.*

The Six Component Protocol for Achieving Great Health

The Only Truly Healthy Diet Known

By

Bob McCauley

This book is dedicated to my father and mother, my sister and my boys. Also to my loyal assistant Patti, my other staff past and present and to each of my customers who have followed me down this road. And to every great mind that has taught me something about Health.

For encouraging and helping me in some way to write this book.

Special Thanks to:

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Every guest who was kind enough to come on my radio show: Achieving Great Health

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Health books require medical disclaimers because if you don't provide them you become liable in every way. But I don't have any problem stating that I know almost nothing about medicine and have no formal training in the health field. But then, what does it take to understand how to Achieve Great Health, a doctorate or a few letters behind your name? More than anything it takes understanding through experience and that is what I have done. These are simply my observations about how I became healthy. Anyway, medical disclaimers are necessary so here is mine:

This book is not intended in any way to serve as a replacement for professional medical advice. Rather, it is meant to demonstrate that aging can be slowed and even reversed and that great health is achieved when the most fundamental nutritional needs of the human body are met. If you feel the need, always consult a doctor or another medical professional when you have an illness or disease of any kind. We admit to knowing little if anything about medicine and therefore would never offer medical advice to anyone for any reason. Medicine is in one direction, health is in the other. The author offers health advice that is his personal opinion only.

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Forward

What if you could tap the treasures of health wisdom from the world's experts? Imagine if you could ask them anything! Yes, anything and everything about how you could Achieve Great Health. Now, wait! This is more than just getting rid of diseases like cancer, heart problems, diabetes, arthritis, stroke, and silly ailments like the flu. This is about Achieving Great Health!

Very few people have ever had that privilege. My friend, Bob McCauley, is one of those rare people. As a talk show interviewer he has asked the world's experts everything you ever wanted to know about health.

After years of testing, using his own body as the laboratory and observing the results, Robert discovered the hidden formula. So, not only do you have a distillation of the Greatest Minds of Natural Healing, you have in a simple form that you can use. Yes, you can Achieve Great Health In 90 days or less!

I certainly, don't mean to imply that all these great teachers agree on every point. Even Robert and I have a minor difference or two. But, what is presented within these pages is so important to your personal health that it's vital for you to get started today.

I feel so strongly that you will Achieve Great Health by following my friend's advice that I jumped at the humbling opportunity to write this forward. Please, don't let another minute pass without making a decision to Achieve Great Health.

With you in Achieving Great Health,

Peter Ragnar
Author of seventeen books, including the Best Seller
How Long Do You Chose to Live
www.roaringlionpublishing.com

Preface

“Be careful about reading health books. You may die of a misprint.”

~ Mark Twain

If you are sick it is because you allow yourself to remain sick. By that I mean that the human body is capable of curing itself of any disease. Unless you are terminally ill, the average person can Achieve Great Health in 90 days or less. In most cases, even those diagnosed as “terminally ill” can turn their health around in several months if they are determined to live at any cost.

We get sick and prematurely age ourselves by turning our bodies acidic. We turn ourselves acid by living on a primarily cooked-food diet, not properly hydrating our body, consuming substances such as processed foods that barely resemble anything nutritious, while at the same time doing almost nothing to alkalize ourselves. When we become acidic we are wide open to disease of any and all kinds. If we are sick, our bodies are acidic. If we are seriously ill, our body pH is dramatically lower than it ought to be. This is a dangerous, sometimes life-threatening situation that cannot be ignored. But it can easily be remedied if we become resolute about changing our health. The protocol for permanently ridding the body of disease and living in true health is quite simple. We should only consume *Spirulina* and *Chlorella*, *Raw Foods*, *Ionized Water* and probiotics. We must also exercise regularly and maintain a positive mental attitude. Health is as simple as that. The following pages describe exactly how we can *Achieve Great Health* in only a few months time. This protocol can be followed by anyone,

regardless of your current health situation. The better shape you are in, the easier it will be. All it takes is the desire to do so and the determination to see it through.

I have not by any means attempted to answer every question about health in this book, nor cover every conceivable health topic. Rather, this book paints broad strokes about how we can be as healthy as we can possibly be. Although the details of how the body actually works are nice to know, it certainly is not necessary if we only want to be healthy. The details are provided merely to support the arguments I pose in this book. How many of us would drive if we had to learn to disassemble and repair a car? Mechanics would be our chauffeurs if that were the case.

To be healthy, we only need to know what belongs in the body and what does not. Once we have implemented the simple lessons outlined in this book, true health will most certainly follow.

Introduction

“For most men life is a search for the proper manila envelope in which to get themselves filed.”

~ Clifton Fadiman

When I wrote my first book, Confessions of a Body Builder, Rejuvenating the Body with Spirulina, Chlorella, Raw Foods and Ionized Water (COABB), I was aware that I had not said everything about health I wanted or needed to. But I knew I had laid the foundation for the true road to Great Health. What I want to accomplish with this book is a further exploration of exactly what we need to do to Achieve Great Health, Perfect Health. The premise of writing this book was that I wanted nothing more than to seek the truth about how to be healthy; the following pages describe what I found.

Profound lifestyle changes are not easily implemented and that is what's required. Most of us are fundamentally resistant to change even though it is change that keeps us vital and invigorated, more than we ever realize.

I wrote this book for everyone, especially the average person who lives on a meat and potato, junk-food, fast-food, processed-food diet or perhaps likes to barbecue on the weekends. Many of us don't realize that the world of true health even exists, that it actually is a place you can take your life to if you chose. True health is found in the *raw*, not cooked world of food, and it is one seldom visited by most people.

As for the health conscious community at large, this book will make perfect sense to most of them because their minds are already open to new possibilities. Everyday when we wake, we do one of two things: improve our health or encourage disease. The choice is always our own.

Many questions have arisen about my health protocol since writing COABB and I have tried to answer them in this book. One of the most common questions has been: *If I go with this protocol, how long will it take till I am healthy?* The answer is 90 days or less, depending on how badly you want to be healthy. This can be achieved regardless of how sick you may be at the moment, short of being rived with some disease that has placed you at death's door. If you do not properly hydrate, detoxify and alkalize your body, you will never be healthy. It is simply impossible. Only algae, *raw foods* and

Ionized Water can achieve this quickly, especially if you are an adult with a lifetime of accumulated toxic waste in your body that has completely acidified it.

What I mean by Great Health is robust health, the kind of health that only a few of us will ever experience. Simply moving to a Raw-food Diet will allow your body to remain healthy. But without the incredible rejuvenating, body-building nutrients of *Spirulina* and *Chlorella*, along with consuming *Ionized Water* and Probiotics, exercising daily and developing a Positive Mental Attitude, Great Health is not possible.

This book is the culmination of my knowledge and experience with human health and how to get there. I am not a formally trained medical, health or nutritional professional in any way. What I know of health is what I have read, experienced and spoken with others about. I offer in these pages no medical advice, but rather guidance and ruminations about health. I know almost nothing about medicine because medicine does not lead to health. This book is essentially one person's opinion, that of my own. However, I challenge anyone to find flaw with the basic tenets of my health philosophy, which is that *water and raw foods rule*.

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